

## Do you qualify for free screenings?

- You are a woman between the ages of 21 and 64
- You are a Colorado citizen and legally reside in the United States
- You haven't had a mammogram in the past year or a Pap test in the last three years
- You meet our income guidelines
- You do not have insurance or cannot afford your deductible or copay

**The HRRMC Center for Breast Health offers state-of-the-art technology to detect and treat breast cancer including:**

- Digital Breast Tomosynthesis (3-D mammography)
- Breast Ultrasound
- Stereotactic Breast Biopsy
- Breast MRI

**Our multidisciplinary healthcare team is qualified to treat breast cancer patients.**

**Members include:**

- Radiologist
- Medical Oncologist
- Breast Surgeon
- Plastic Surgeon
- Pathologist
- Mammography Technologist
- Nurse Navigator
- Physical Therapist

For more information, call Brenda Gentile, Community Health Worker with the HRRMC Foundation, at 719-207-2088, or email [brenda.gentile@hrrmc.net](mailto:brenda.gentile@hrrmc.net).

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Connect.  
Get Checked.  
Be Well.

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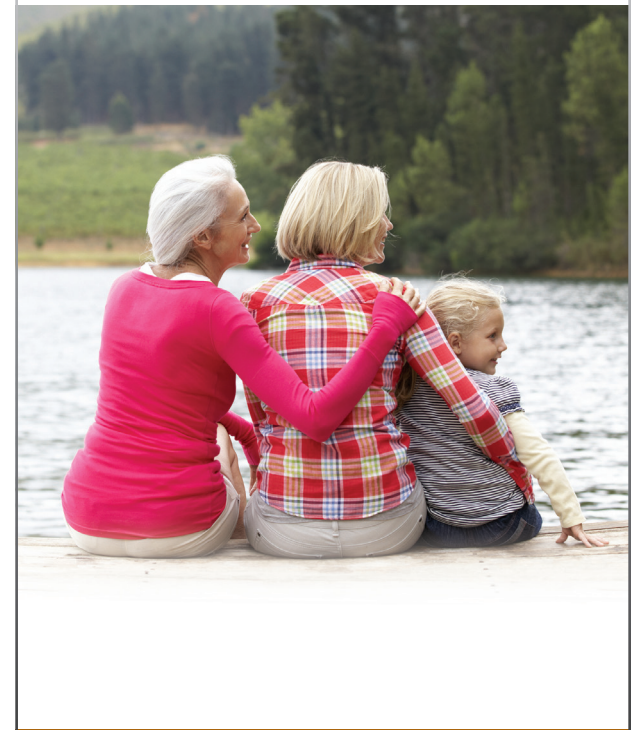
### Participating Partners



Heart of the Rockies Regional Medical Center Foundation  
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## BREAST AND CERVICAL HEALTH SCREENINGS



1000 Rush Drive, Salida, CO 81201  
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## Why are breast and cervical health screenings important?

When cancer is confined to the breast and detected early, the survival rate is 98%.

- Most breast cancers don't cause any symptoms at an early stage. Without a screening, there's no way of knowing you have it.
- Getting screened every year is very important. It helps your health care provider find small changes in your breasts.

The survival rate for women with cervical cancer that is detected in its earliest stages is 92%.

- Pap tests can find abnormal cells years before any cancer forms.
- Cervical cancer usually does not have symptoms.
- Receiving a Pap test every three years can help you detect and even prevent cancer of the cervix.



For more info or to see if you qualify for screenings, call Brenda Gentile at 719-207-2088.

## Breast health screening tests

A **clinical breast exam** is a physical exam done by a health care provider. Your provider should carefully feel your breasts and underarm for any changes or abnormalities (such as a lump). He/she should visually check your breasts while you are sitting up and physically examine your breasts while you are lying down.

A **mammogram** is a screening tool that uses X-rays to create images of the breast. These images are used to find early signs of breast cancer such as a dense mass or clusters of calcium (microcalcifications).

Mammography is the best screening tool for breast cancer used today. It can find cancers at an early stage, when they are small (too small to be felt) and the chances of survival are highest.

## When to screen for breast cancer

There are lots of risk factors linked to breast cancer. The two most common—being a woman and getting older—are beyond your control. But some things, like exercising, maintaining a healthy weight and limiting your alcohol intake, are within your power.

Women of average risk for breast cancer should have a clinical breast exam every year starting at age 40.

Mammograms are also recommended every year at the age of 40 for women of average risk.

Some women may have a higher risk of breast cancer due to age, genetics or clinical factors. For these reasons, screening may be recommended earlier or more frequently. Talk to your healthcare provider about when and how often you should be screened.



## Cervical health screening tests

Cervical cancer is the easiest gynecologic cancer to prevent with regular screening tests and follow-up. Two screening tests can help prevent cervical cancer or find it early:

The **Pap test** (or Pap smear) looks for pre-cancers or cell changes on the cervix that might become cervical cancer if they are not treated appropriately. It is recommended for all women between the ages of 21-65.

The **HPV test** looks for the virus that can cause these cell changes. If you are 30 years old or older, you may choose to have an HPV test along with your Pap test.

